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News on the Move

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Eradicating Poverty

To mark the United Nations' International Day for the Eradication of Poverty this Monday, Metro Canada is taking a look at how Canadians are fighting poverty and making ends meet.

- Today

We introduce you to a local resident who is living in poverty because of the recession; see story at right.

- Tomorrow

Metro looks at how local agencies are trying to help those who are living below — and above — the poverty line.

- Online

Metro Canada wants to hear your ideas on how we can eradicate poverty and learn about how the issue is affecting your community. Go to metronews.ca to share your views, tell your story, or upload a picture.

Business pg 7

High loonie, low retail sales?

Comment pg 6

Exploring the date movie

On the web

Visit metronews.ca for news updates

TRACEY TONG/METRO OTTAWA

Ottawa resident Lorraine Turton went from owning a home in Orleans and a comfortable "upper-middle-class lifestyle" to poverty and a period of homelessness, during which time her family lived out of their car, after a streak of bad luck that started in 2002.

'A downward slide'

Ottawa-area woman recalls family's financial collapse

Eradicating Poverty

TRACEY TONG
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Raised by parents who grew up during the Great Depression, Lorraine Turton learned early that "life can change on a dime."

Later in life, she understood the full truth of that lesson.

Turton and her husband worked hard to make a comfortable life for themselves and their two children. With a background in art, she worked at a gallery, and he in Ottawa's high-tech industry. They lived what Turton called a "prosperous, upper-middle-class lifestyle" in their own home in Orleans.

Then in 2002, their luck began to change.

Her husband lost his job. Around that time, Turton suffered an injury and was unable to work.

"We began to have financial difficulties and got behind on our bills and our mortgage," said the soft-spoken mother of two.

Eventually, the couple lost their home and moved into a small townhouse in Vanier. After they depleted their funds, they went on social assistance and declared bankruptcy.

"Our lives began to spiral out of control," she said. "It was a downward slide."

Even as the UN marks its International Day for the Eradication of Poverty on Oct. 19, the family's situation is not uncommon in Canada, said Kelly Law, associate director at Canada Without Poverty.

"I think the situation… illustrates the porous nature of the so-called safety net," said the organization's executive director, Rob Rainer.

The family moved out to B.C.'s Fraser Valley for several years for work, but returned to Ottawa for health reasons.

Turned down by 25 potential landlords, they were homeless.

"We lived in our vehicle — a four-door car," Turton said. "We had the clothing on our backs, and what possessions we had, we had in our vehicle. We used gas stations, local swimming pools and community facilities we were able to access. We were able to prepare sandwiches and cold beverages, but for soup and hot drinks, we went to coffee shops."

Now 48, Turton said life has "stabilized." She and her husband, who both received disability status, recently moved from "a substandard apartment" into a co-operative with the help of Ottawa's Action Housing.

Poverty can happen to anyone, Turton said.

"You can lose everything you work for, your health can deteriorate, your family unit changes and you have to humble yourself," she said. "Poverty has a great emotional and psychological impact on a person's life."

Violence against Ottawa women not decreasing: Advocacy group

TRACEY TONG
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Despite increasing awareness, violence against women "has not decreased in our community," says a report by the Ottawa Coalition To End Violence Against Women.

According to OCTEVAW's recently released report, Hidden From Sight: A Look At The Prevalence Of Violence Against Women In Ottawa, there were 606 sexual assault cases reported in Ottawa between 2007 and 2008.

"However, when you take StatsCan figures, saying only 10 per cent report sexual assault because of stigma and stereotypes, the predicted number is closer to 6,060," said the group's executive director, Erin Williams.

The report adds that in the same time period, Ottawa police responded to 2,440 domestic violence occurrences where charges were laid or warrants sought, said Williams.

"Of these occurrences, 89 per cent who were charged were men, and 45 per cent of those men were repeat offenders," she said. "The numbers are startling. What this says is we need to do a better job of engaging our community."

Today and tomorrow, OCTEVAW and the Sexual Assault Network are hosting ManTalk, a conference created to discuss how men can help end violence against women.

"It's a big misconception that violence against women is a woman's issue to deal with," said group member Bailey Reid.

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Local

Groundbreaking for construction centre

Algonquin College president Robert Gillett and area politicians will break ground for the Algonquin Centre for Construction Excellence at the old Baseline bus station tomorrow morning. Scheduled to open in fall of 2011, the 150,000-square-foot building will house 600 additional spaces for construction trades students and facilities for training thousands more students in related programs. The green, LEED-Platinum certified building will also be a showpiece and teaching laboratory for best practices in sustainable construction. METRO OTTAWA

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What's online today.

Family Law Brahm Siegel on Letterman, Edwards and adultery at **metronews.ca/familymatters**

Lotteries

Lotto 6/49: 4, 17, 19, 22, 24 & 46. Bonus 30
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TIM WIELAWSKI/METRO OTTAWA

This year's Ottawa International Animation Festival features big names from the industry, said artistic director Chris Robinson, above. The festival opened yesterday with the Canadian première of Mary and Max at the Bytowne Cinema.

Animation buffet

Fest draws big industry names, enthusiasts

TRACEY TONG
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From the new Wallace and Gromit movie to a new film by The Cat Came Back creator Cordell Barker and appearances by The Simpsons Movie director David Silverman, Up's Ronnie del Carmen and Coraline director Henry Selick, the Ottawa International Animation Festival has "some pretty heavy stars in animation" here this year, said artistic director Chris Robinson.

The 33rd annual festival, which kicked off yesterday and runs through Sunday, has "taken over downtown" with screenings at the Bytowne, the Arts Court, the Canadian Museum of Civilization, the National Gallery of Canada and the Empire Theatre, said Robinson.

With so many film choices — 99 in competition and 40 in the international showcase — and lectures, workshops and networking opportunities for those in the industry, Ottawans have a lot to choose from.

So what's a time-strapped animation enthusiast to do?

Take it from the man who screened all 2,185 entries earlier this year.

"The short competition programs are always good — it's like a buffet," said Robinson, who looks "for stuff made by human beings that has something real to say. I'm looking for something innovative, striking and original."

The OIAF is unique in that it has offerings from many film categories, Robinson said. "We've always been up there in the most prestigious festivals and Ottawa is one of the only ones that attracts industry and students," he said. More than 25,000 people are expected to attend.

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Riding for juvenile diabetes
Tomorrow morning, fundraisers will be getting on their bikes at city hall for the Juvenile Diabetes Research Foundation's 2009 Ride for Diabetes Research. Money raised will fund research to find a cure for type 1 diabetes. METRO OTTAWA

Bell puts SmartBus on hold

TIM WIECLAWSKI
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The possibility of legal action from Bell Canada has forced city council to delay a decision on purchasing a series of new SmartBus features.

Resulting from a procurement process initiated for a next-stop announcement system, OC Transpo had chosen a $17-million plan that included a suite of extra features like a GPS-based predictive arrival and vehicle-condition monitoring system from Clever Devices.

Transit services general manager Alain Mercier argued that the extra features were something OC Transpo had already budgeted for anyway and this purchase would not affect its budget, despite costing $10 million more than estimated.

Coun. Rainer Bloess said he would put forward a motion that would cancel any current contract and restart the procurement process.

However, before council could even debate the issue, the city received a letter from the law firm McCarthy Tetrault on behalf of Bell Canada stating that the city had gone beyond the scope of the request for proposals.

According to a return on investment report, OC Transpo expects to save over $50 million over the next 10 years if the full package is implemented next year.

Investment return

- A report says savings would include an extra $1.5 million in ticket revenue each year until 2018; $6.7 million in efficiency savings each year from 2011- 2014; and $30 million by eliminating the need to replace the current platform in 2018.

Glebe merchants continue Lansdowne objections

BUSINESS Even with a reduced retail space, the Lansdowne Partnership is still not the right plan for the park, insist Glebe merchants.

Glebe BIA executive director Catherine Lindquist said they are encouraged to hear reports that the city and the Ottawa Sports and Entertainment Group are hearing concerns from the residents about the plan, but the proposed retail remains excessive.

"The scale of the retail is not acceptable or supportable," she said. "It would double the size of the retail, which brings a lot of concerns. Not just competition, but congestion and parking, which is already a challenge for us."

According to an analysis by the Market Research Corporation, the Glebe could support only 60,400 square feet of additional retail over five years, and 121,000 square feet over the next 10 years, including Lansdowne Park.

The Lansdowne Partnership calls for at least 300,000 square feet of new retail. TIM WIECLAWSKI/ METRO OTTAWA

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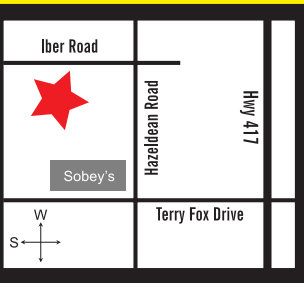

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Teens buying bootlegged cigarettes: Study

The latest study of cigarette butts collected around high schools in Ontario and Quebec suggests more and more teens are buying their smokes on the black market. The study commissioned by the Canadian Convenience Stores Association found 30 per cent of butts gathered outside Ontario high schools were contraband. THE CANADIAN PRESS

Canada

Tobacco firm destroyed research: Report

University researchers allege Imperial Tobacco Canada destroyed seven million pages of research that included scores of studies showing the devastating impact of smoking. The University of Waterloo researchers have examined 60 scientific studies conducted between 1967 and 1984, and published their findings in the Canadian Medical Association Journal. They say that one of the studies shows tobacco company researchers exposing hamsters to cigarette smoke, and concluding that they developed cancerous lesions as a result. THE CANADIAN PRESS

Torture was possible: Diplomat

Official warned federal government of prisoner abuse in buried reports

A Canadian diplomat warned the federal government in writing early in 2006 that Afghan prisoners faced the possibility of torture — reports that have been smothered under a blanket of national security.

The politically explosive revelation was made in an affidavit filed by Richard Colvin — now an intelligence officer with the Foreign Affairs Department — to the Military Police Complaints Commission, which once again adjourned public hearings yesterday.

The inquiry, which is looking at what military police knew, or should have known, about possible Afghan prison torture, has been put on hold for at least six months amid court appeals over its jurisdiction.

THE CANADIAN PRESS

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Montreal **Charkaoui arrives**

RYAN REMIORZ/THE CANADIAN PRESS

Adil Charkaoui, left, arrives with supporters at a news conference yesterday, in Montreal. A judge ruled against any appeals to the removal of the security certificate against him and removed all remaining bail conditions against Charkaoui, who was suspected of being a terrorist.

News in brief

SECURITY The Department of Justice is reviewing its security policies after a 16-year-old female allegedly hid a knife in her genitals then tried to use it in the attack of a 22-year-old woman inside the Halifax provincial courthouse Tuesday afternoon. "We understand that she got through the metal detections (at the courthouse) because she had placed the knife in her vagina," said the department of justice's Christine Mosher, who is the executive director, court services division, responsible for sheriff services.

PHILIP CROUCHER/METRO CANADA

SEARCH RCMP in Nova Scotia have seized three computers and various storage devices during searches of the residences and office of a bishop accused in Ottawa of possessing child porn. Police say the latest search occurred today at the Sydney residence of Bishop Raymond Lahey, who resigned as bishop of the diocese of Antigonish after he was charged on Sept. 25.

DNA TEST Keanu Reeves is not the father of a Barrie, Ont., woman's children, says a lawyer for the actor. CTV News reports the lawyer as saying DNA tests determined Reeves is not the father of any of Karen Sala's four children. Reeves agreed to the test last month. THE CANADIAN PRESS

Photos show Maria Shriver violating her husband's state law

TMZ.com posted two photos showing Maria Shriver holding a cellphone behind the wheel, a violation of a California law signed by her husband, Gov. Arnold Schwarzenegger. On his Twitter feed, Schwarzenegger wrote to TMZ founder Harvey Levin: "Thanks for bringing her violations to my attention. There's going to be swift action." THE ASSOCIATED PRESS

World

Artist poses gnomes in Nazi stance

A German artist is posing 1,250 garden gnomes (pictured) with their arms outstretched in the stiff-armed Hitler salute in an installation that he calls a protest of lingering fascist tendencies in German society. Artist Ottmar Hoerl posed the gnomes in the historic central marketplace in the town of Straubing yesterday. The exhibit called "dance with the devil" is to run through Oct. 19. THE ASSOCIATED PRESS

Birther leader fined

U.S. judge dings leader of group that questions Obama's citizenship $20,000

A Georgia federal judge fined a leader of the movement challenging U.S. President Barack Obama's citizenship and warned her against using the legal system to pursue "political rhetoric and insults."

U.S. District Judge Clay D. Land's scathing 43-page order yesterday said California lawyer and dentist Orly Taitz filed "frivolous" litigation and attempted to misuse the federal courts to push a political agenda.

Taitz, a leader of the so-called birther movement, sued on behalf of Army Capt. Connie Rhodes, who sought to avoid deployment to Iraq by claiming Obama wasn't born in the U.S. and that he was "an illegal usurper, unlawful pretender and unqualified impostor." Documents show the president was born in Hawaii.

Land had already dismissed the lawsuit, but Taitz continued filing motions. He said he fined her $20,000 "as a deterrent to prevent future misconduct and to protect the integrity of the court."

"The absolute absence of any legitimate legal argument, combined with the political diatribe in her motions, demonstrates that Ms. Taitz's purpose is to advance a political agenda," Land wrote.

THE ASSOCIATED PRESS

New photo shows 'happy' Dugard

CALIFORNIA The first photo of Jaycee Dugard since she was reunited with her family after 18 years in captivity shows a smiling woman with long, light brown hair.

Dugard, now 29, told People magazine she's "so happy to be back with my family" after being reunited Aug. 27. Dugard is living with her mother and two daughters — Angel, 15, and Starlit, 11 — fathered by her alleged kidnapper, Phillip Garrido. Authorities say Dugard and her daughters lived in a hidden encampment of sheds and tents in Garrido's backyard.

Garrido and his wife, Nancy, have been charged with kidnapping and rape in Dugard's 1991 disappearance outside her home. The Garridos have pleaded not guilty. Family spokeswoman Erika Schulte told NBC's Today show yesterday that Dugard decided to release photos to People magazine as a way to "share her joy with the world" and show how well she's doing.

THE ASSOCIATED PRESS

Dugard appears on the cover of the latest People magazine.

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Iraq releases death toll

VIOLENCE Iraq's government said at least 85,000 Iraqis were killed from 2004 to 2008, officially answering one of the biggest questions of the conflict — how many perished in the sectarian violence that nearly led to a civil war. What remains unanswered by the government is how many died in the 2003 U.S. invasion and in the months of chaos that followed it. The report said 85,694 people were killed from the beginning of 2004 to Oct. 31, 2008. THE ASSOCIATED PRESS

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Dictator Mussolini was once a double agent: Historian

ITALY A historian says Italian Benito Mussolini was well paid as a British agent during World War I.

The Guardian newspaper reported yesterday that Peter Martland of Cambridge University discovered that Mussolini was paid 100 pounds a week by Britain in 1917 — equal to about $10,000 today.

Mussolini

The late Samuel Hoare, in charge of British agents in Rome at that time, revealed in his memoirs 55 years go that Mussolini was a paid agent.

Martland found more details in Hoare's papers, including that Mussolini also sent Italian army veterans to beat up peace protesters in Milan, a dry run for his fascist blackshirt units.

"The last thing Britain wanted were pro-peace strikes bringing the factories in Milan to a halt.

"It was a lot of money to pay a man who was a journalist at the time, but compared to the four million pounds Britain was spending on the war every day, it was petty cash," The Guardian quoted Martland as saying.

THE ASSOCIATED PRESS

News in brief

FRANCE The head of France's Muslim council said yesterday that the full-body veil worn by a minority of Muslims in France is an "entry way" to radical Islam, but that a national debate over whether to ban the garment in public is stigmatizing the entire Muslim community. Mohammed Moussaoui told a panel of lawmakers that any decision to outlaw the veils that cover the body and face risks feeding a sense of discrimination. President Nicolas Sarkozy has said that such robes make "prisoners" of women. THE ASSOCIATED PRESS

South Korea **The big day**

Chen Chun Bang and bride Maiko Oya arrive for their wedding by the Rev. Sun Myung Moon's Unification Church south of Seoul yesterday. The couple was among 45,000 people worldwide who took part in the mass wedding.

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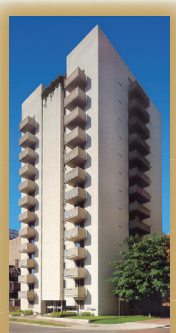

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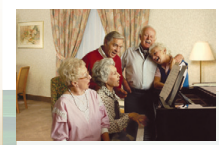
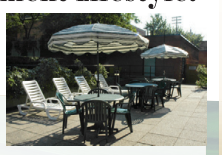
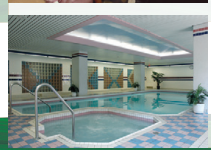
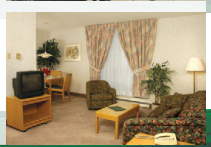

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Comment

Cuddle up with popcorn, movie

Relating

The critics have not been at all kind to Couples Retreat (The Globe and Mail warns, "Couples, Retreat") but the romantic comedy led at the box office last weekend with $35.3 million.

Date movies, like family movies, aren't designed to have particular appeal to anyone in particular, but to be tolerable compromise entertainment for everybody. They should be earthy enough to make him laugh, yet not so crude as to put her off her popcorn. The point of the exercise is to go to a movie together.

These productions aren't my usual thing, especially when quality cinema like Zombieland beckons, but I care about our relationship, dearest reader. I saw it for you. I want this to work out.

I also care enough about my beloved not to subject her to date movies, so I went alone. Weirdly, I wasn't the only single there.

The movie stars Vince Vaughn, Jon Favreau and some Kristins. Four couples find themselves stuck in a tropical resort where they're forced into relationship therapy.

A movie talking about relationships could be seen as a bit of a horror movie for guys, so it's laced with what are clearly intended as dude moments: Penis jokes, girls in bikinis, some sharks and a totally bitchin' Guitar Hero showdown.

On the web

- For more views on relating, go to Love Bytes at metronews.ca/blogs

The big message? Don't take each other for granted. Cheating is wrong.

Weirdly, on the press junkets for the movie, Vaughn slipped this bit into an interview: "The only expert thing I know about a relationship is that I don't know anything. I think every time I think I know something, obviously you then learn that you don't know anything, but I do know this to be true: I know that men marry women hoping that they will not change, and women marry men hoping that they will change, and inevitably everyone is disappointed."

Should have put that one in the movie, Vince.

Instead, and I hope I'm not spoiling anything, the couples, after much upset, remember why they fell in love with each other in the first place, and there's a Wizard of Oz wrap-up ending where they find out they had it in them all along.

Date movies, eh?

Steve Collins offers his best guesses on relationships for Metro every two weeks.

Views

Healing through truth, reconciliation

Mardi Tindal

I met Desmond Tutu in 1990 when interviewing him about the dismantling of apartheid in South Africa. I greatly admired Tutu's personal risk-taking in the cause of liberation for South Africans.

My admiration grew even deeper five years later as he began chairing the South African Truth and Reconciliation Commission.

While aware of the shameful past of South African apartheid, most Canadians were far less aware about our own societal sins regarding aboriginal residential schools. These schools led to untold suffering and cultural loss.

Since 2003, the United Church of Canada has worked with other churches and aboriginal and survivor groups to promote a national truth-telling and healing process. Over the next five years, we will all have the opportunity to participate in a Truth and Reconciliation Commission through national and community events.

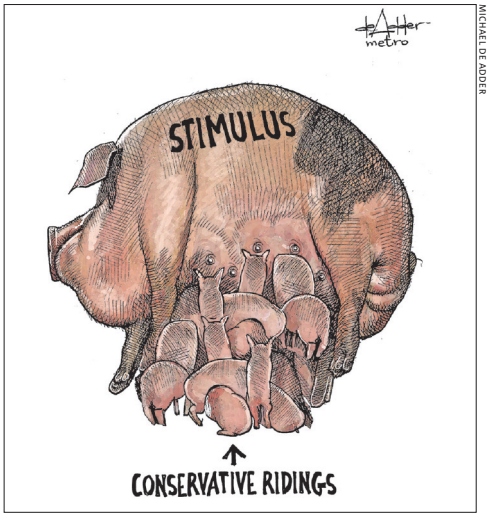
FocusOn FirstNations

Today, with survivors, aboriginal, church and government leaders, I will join Gov. Gen. Michaëlle Jean to mark a renewed effort in our own truth-telling and healing process.

Acknowledging wrongdoing is the first step on the road of repentance. At the United Church, we have worked hard to become informed and responsive to the harmful impact of the residential schools on Aboriginal Peoples and their cultures. We have apologized to former residential school students, their families and communities. But there is much more listening and, we trust, healing ahead of us.

Today, all Canadians are being given the opportunity to come to terms with our own national shame — and with the promise of healing.

Mardi Tindal is the 40th moderator of the United Church of Canada.



MICHAEL DE ADDER

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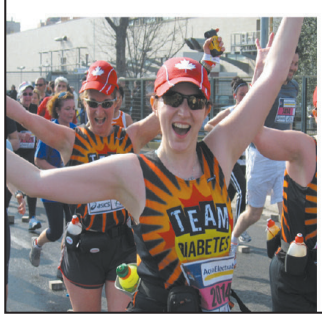

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Mattel, Fisher Price plan giant payout over lead in toys 7

Mattel and Fisher Price have agreed to reimburse consumers for Chinese toys found to contain high levels of lead. Mattel said this resolves "virtually all" U.S. claims. THE ASSOCIATED PRESS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Loonie losers?

Retailers fear the worst as our dollar rises

The loonie edged closer to parity yesterday, stoking Canadian retailers' fears that their recent sales gains will soon be fleeing south of the border.

Bank of Montreal economist Douglas Porter says there is already anecdotal evidence the cross-border shopping phenomenon — a victim of the recession and the Canadian dollar's tumble earlier this year — may be reviving.

"The chatter I'm hearing is there were big lineups at the border to get back into Canada on Monday night," he said.

A strong loonie makes Canadian exports more expensive in foreign markets, depressing the ability of firms to compete.

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Porter recently compiled a comparison of prices between Canada and the U.S. and came up with a surprising result.

The price gap that had been as high 20 per cent in the summer of 2008, was down to 6.8 per cent a year later on his basket of goods.

The comparison of 18 goods was taken at the end of July when the Canadian dollar was valued at about 92 cents U.S.

But the loonie traded as high as 97.53 cents US yesterday.

Porter said that would make his basket of goods in Canada about 12 per cent more expensive than in the U.S., a gap he believes will convince shoppers the trip south is worth the expense and inconvenience.

Prime Minister Stephen Harper is concerned the loonie is rising too much and too quickly, and he says it could slow the country's economic recovery.

THE CANADIAN PRESS

Pepsi promises to help men 'score'

ADVERTISING PepsiCo is facing criticism for an iPhone application that promises to help men "score" with two dozen stereotypes of women by giving pickup lines and a scoreboard to keep track of conquests. The company is using the slogan "Amp up before you score" to market its Amp energy drink THE CANADIAN PRESS

In brief

COURT A lawyer for Canwest Global Communications says it wants to have a restructuring plan with its creditors approved by the end of January. The company has nearly $4 billion in debt. Ontario Superior Court Judge Sarah Pepall approved the proposed time frame for restructuring. It was the first time that Canwest, and lawyers for its creditors and others, have appeared in court. THE CANADIAN PRESS

New vehicle sales fell in August

AUTOMOTIVE New motor vehicle sales fell 0.3 per cent to 126,401 in August, after strong gains in July. Statistics Canada blames a slide in passenger-car sales for the decline. But the number of overseas-built passenger cars sold rose by 11 per cent, offsetting declines of the previous three months.

THE CANADIAN PRESS

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Ballesteros hopes for one more British Open round

Seve Ballesteros says he's hopeful that his health will allow him to play a round at next year's British Open. Ballesteros, who is recovering from brain cancer that has left him partially blinded in his left eye, says playing a round at the event he won three times couldn't be decided yet. THE ASSOCIATED PRESS

Sports

Not leaving Notts

Sven-Goran Eriksson, left, says he is committed to English club Notts County and is not preparing to coach North Korea at the World Cup. North Korea has qualified for the finals for the first time since the 1966 tournament. Notts County also issued a statement dismissing a report that the fourth-tier club's director was set to take on a role with North Korea. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Sens show support for Karlsson

Team suggests rookie may stick around

The Ottawa Senators have a defenceman who's making people stand up and take notice of his play so far this NHL season.

Unfortunately for rookie Erik Karlsson, it's been Russian teammate Anton Volchenkov.

However, ahead of the visit of another highly touted Swedish blue-liner in Tampa Bay's Victor Hedman, the Senators have given Karlsson a vote of confidence as the schedule ticks toward the magic 10-game mark that could have decided the 19-year-old's fate for this season.

"Erik's a young guy who's going to be an NHL player for a long time," Ottawa general manager Bryan Murray said yesterday. "Whether he's here for every game or whatever this year, I don't know that, but 10 games won't be the trigger point."

As with all rookies, the first-year of Karlsson's contract kicks in once he plays his 10th NHL contest and the Senators' prized prospect has had a hit-and-miss start through the first five games of his career.

He's been projected as a puck-moving defenceman whose strengths would be in the offensive end and on the power play.

While he does have one point and an assist through five games, he's also minus-4 and has been part of a Senators' power play that's the league's worst heading into last night's games, going 1-for-15 for a success rate of just 6.7 per cent.

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Making the buzz around Ottawa's blue-line instead has been the 27-year-old Volchenkov, who's rebounded from an off year a season ago to find the form that made him and partner Chris Phillips a top defensive pairing in the league.

"He's a physical presence back there. A little bit of an unsung hero," Senators coach Cory Clouston said.

THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

Rookie Senators blue-liner Erik Karlsson has one point and an assist through five games.

Fleury aims to set record straight

BOOK Theo Fleury suffered silently, alone with his pain until he could take it no more and tried to drink it all away.

When the hurt returned the cycle would repeat, and as the years went on he began to lose more and more control. By the time the former NHL star disappeared from the public eye some five years ago, most fans could only remember the sad and peculiar sideshow he had become, not the tiny-but-dazzling dynamo on the ice he had been for over a decade.

Sober four years and enjoying a stability in his life he never before had, Fleury now wants to set the record straight. His autobiography Playing With Fire, released yesterday, answers many of the questions people had about his at-times maniacal behaviour.

By exposing his demons — most notably the sexual assaults he says he was subjected to by former junior hockey coach Graham James and the substance abuse it led to — the 41-year-old Fleury has found relief.

"The only way you can get any kind of recovery in this process is to tell somebody, you've got to get it out there," Fleury said.

THE CANADIAN PRESS

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RateSupermarket.ca Canada's rate comparison website

Metro Homes

Time to get spooky

Martha Stewart has created elegant tablescape chandeliers, skulls and skeletons encrusted with colourful glitter, as well as a grinning pumpkin clock, left, and black jack-o'-lanterns stacked in a threesome, available online at GrandinRoad.com.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

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It's coffee time **anytime**

Homes in **Style**

EMMA YARDLEY
for Metro Canada

1. The pretty Provencal colours of these French cups compliments the rich creamy foam of a cappuccino perfectly. Pier 1 Imports, $6, pier1.com.

2. Pour water and milk into the Bialetti Mukka Express Electric Cappuccino Maker, add freshly ground coffee, and flip the switch. Five minutes later, Presto! Cappuccino for two! $219.95, williams-sonoma.ca.

3. Packed into a small sleek package, the Bistro Espresso Machine is a water pressure powerhouse (15 bars), which is key to making full-bodied espresso. President's Choice Home, $149.99, pc.ca.

4. An adjustable dial makes it easy to grind the beans just the way you like them — from course to fine to everything in between. Black & Decker Burr Mill, $39.99, Canadian Tire, canadiantire.ca.

5. The Grind & Brew Coffeemaker grinds the exact amount of beans needed for the number of cups you want. Clever, right? President's Choice Home, $129.99, pc.ca.

6. Whip it! The warm milk, that is. The flexible spiral-tipped steel wand of the Bodum Schiuma frother whips milk into a light lather. Home Outfitters, $24.99, homeoutfitters.com.

7. Saltspring Coffee instigated a five-cent fee for every paper cup used. But why get a paper cup when you could grab one of these stainless steel insulated travel mugs instead? Saltspring Coffee, $19.95, saltspringcoffee.com.

8. Modern, simple and chic, the TRIVSEL espresso cup and saucer are shaped from stainless steel. Ikea, $5.99, ikea.ca.

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Robert Kiyosaki will not attend this workshop.

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Get a fresh twist on holiday decor with four high-impact, low-effort ideas. Written by Seema Persaud, Produced by Elaine Martin of Vintage Gardener

PHOTOGRAPHY BY PAUL CHMIELOWIEC

SIMPLY ROSES

A handcrafted stone mini-urn and various shades of peach roses add up to a dynamic, compact arrangement — a beautiful accent in a powder room or on a night table. **HOW-TO** Cut rose stems to 2" and stick in moist floral foam ball in X pattern. Fill in spaces. Tuck in sheet moss, letting some hang over.

AMAZING AMARYLLIS

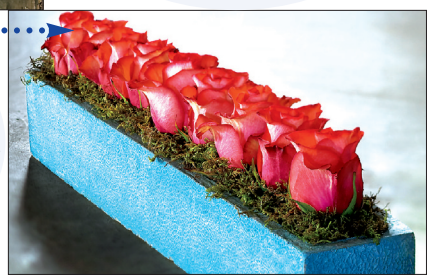
Amaryllis is one of the stars in this arrangement, which looks elegant in an urn. It's dazzling on a foyer table or mantel. **HOW-TO** Put salal leaves in a water-filled urn. Create a waterfall effect with noble fir, white pine, blueberry juniper and seeded eucalyptus branches. Mix in roses, amaryllis and French tulips in different bloom sizes and stem lengths. Top with golden curly willow branches.

MIXED (EVER)GREENS

Brighten your coffee table with this festive arrangement. **HOW-TO** Insert white pine, noble fir, blueberry juniper and seeded eucalyptus branches into a moist square of floral foam in the pot. Fill in gaps with groups of roses and French tulips. Finish with a few pinecone clusters.

MINI HEDGE

Lush red roses and a simple blue box give this arrangement contemporary appeal. You can use it year-round, as the roses will dry nicely. The rectangular shape is perfect for narrow tables and windowsills. **HOW-TO** Lay presoaked floral foam in the trough. Cut stems of partially opened roses short and insert in foam. Fill in spaces with soaked sheet moss.



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Shrink your eco-footprint when heating your home this winter

HomeScape

Take a wild guess whether heating your house this winter will leave a large ecological footprint.

You may have a good idea already, but if you've got doors with no weather-stripping, windows with cracked or absent caulking, drafts blowing in, or windows and walls that exude cold, you've probably got a monster footprint. An older inefficient furnace can waste a ton of energy, and large icicles hanging from the roof in the winter can also indicate that heat is escaping in a major way. Another way you can tell is if you've got a heating bill much higher than similar neighbouring houses.

Leaving a large ecological footprint when you heat your home means that you are heating your house inefficiently.

Yes, we most certainly need to heat our homes in this climate, and this effort will always leave a "footprint." But the issue is not whether we leave a footprint — we will — but how small and light we can make that footprint.

To shrink your footprint, one of the first things you can do is to schedule an audit of your house.

If you're in Ontario, check out homeenergyontario.ca to find an auditor in your area. In other provinces, google energy rebates in your province to find information from the appropriate government department, and the government of Canada to find federal energy rebate information.

Auditors look at your home and provide you with a list of what you can do to make your home heating more efficient. The great thing is that you can get back half the cost of an audit in Ontario, and up to $10,000 in both provincial and federal rebates for applicable work.

Other ways to make your heating more energy-efficient include using a programmable thermostat.

The advantage of programmable thermostats is that you can heat the house more when you are at home. Also remember that most people sleep more comfortably in cooler temperatures, so it makes sense to turn it down at night to about 18 degrees Celsius, and set it to run higher (say, about 22 degrees Celsius) just before you get up out of bed.

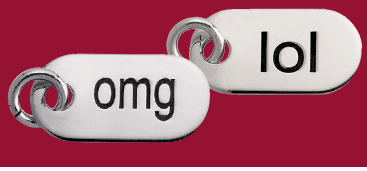
Last but not least, remember to change furnace filters according to the scheduled published by the manufacturer. It makes a difference.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

One way to make your heating more energy-efficient is by using a programmable thermostat.

Great finds at fashion week
In addition to catwalk presentations at Montreal Fashion Week, some 60 businesses will display their work in Le Showroom, where buyers and stylewatchers can get an up-close look at the offerings — including those not featured in runway shows. THE CANADIAN PRESS

Style



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EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Montreal in springtime

Vivid colours and femininity rule Fashion Week

DINH BÁ

Dinh Bá
Saigon-born Dinh Bá offered up Tokyo inspiration with vivid reds, silvery grey, black and bold, geometric patterns. Take-note details included cascading oversized bows and twisting ruffles.

Andy Thê Anh
Andy Thê Anh was feeling the blues at Montreal's Spring 2010 Fashion Week Tuesday night. "Considered a barbarian colour centuries ago, now it's the most thoughtful of colours," he told Metro after his show of structured, tailored pieces that ranged in hue from icy white to vibrant blue to black.

JANINE FALCON/FOR METRO CANADA

ANDY THÊ ANH

Muse
You're not the only one obsessed with Betty-Draper style. Muse designer Christian Chenail celebrated 20 years in the biz with trim-waisted cocktail dresses and swingy skirts with a '50s flair, complete with a smattering of jaunty polka dots. Super-coiffed updos and bright red lips served as beauty punctuation.

MUSE

JIMMY HAMELIN PHOTOS

second commercial skip function, 9-day programming guide and expandable recording capacity. Additional equipment required. (2) Based on independent survey conducted in April 2009 vs. Ontario's major cable provider. (3) Based on various Bell TV programming packages combined with Premium Movies, certain International programming, equipment rental and Bell Bundle discount

Ron White's new All Day Heels promise all-day comfort

JANINE FALCON
for Metro Canada

Ron White is poised to make a very big shoe name for himself.

With his from-the-ground-up original collection of All Day Heels, the CEO and creative director of Ron White shoes has caught the attention of sexy star Kim Cattrall, as well as Sarah Ferguson, the Duchess of York, and Luciana Barroso, otherwise known as Mrs. Matt Damon. "They've all got All-Day Heels on order," he said excitedly in an interview with Metro.

White actually launched his all-day heels concept eight years ago when he opened his first Ron White shop.

Putting an orthotics and biomechanics background to good use, he started a collaboration with designers such as Stuart Weitzman, Donald Pliner and Thierry Rabotin, adjusting some of their fashionable footwear designs to his optimal-comfort specifications.

"I'd tweak a shoe's construction for more flexibility in order to reduce leg fatigue, the outsole for improved cushioning, and the heel shape for more stability," he explained. "The body has to work twice as hard to stay steady when the total surface of the heel where it meets the ground is no bigger than a pencil tip."

This season marks the debut of the official All Day Heels line, which took three years of development, prototypes and trials. Getting the name registered took just as long; apparently the trademark office in the U.S. had initially thought "all-day heels" was an existing category of shoes, like "cross-trainers," and therefore ineligible for trademarking.

Most of the handmade-in-Italy collection features durable Vibram rubber soles "as thin as leather but with amazing cushioning," and thin, lightweight insoles made of Poron, a flexible, high-tech elastic polymer developed by NASA.

Ron White Taylor patent leather boots, $595.

Ron White's All Day Heels line features handmade-in-Italy shoes with durable Vibram rubber soles.

Ron White Amara heels, $525.

Ron White Sidney suede boots, $525.

Ron White Billie heel, $385.

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GRAPHIC EXTRAS
Metal bracelet, Winners ($25, winners.ca)

MAD PLAID
Wool pencil skirt, Reitmans ($30, reitmans.ca)

ROCK CHIC
PVC slim pants, Only ($79, 1-800-338-4392)

METALIC ACCENTS
Polyester and metal handbag, Chinese Laundry ($40, 1-800-784-4750)

PYTHON PLATFORM
Faux-leather booties, H&M ($60, hm.com)

Editors' Pick

LOW, MEDIUM, HIGH

Balms away! Protect and hydrate your lips with these cold-weather staples

Nivea Lip Care Light Kiss Lip Balm ($3.49)

L'Occitane en Provence Shea Butter Lip Balm Stick ($12)

Guerlain KissKiss Baby Lipstick in Cristal Nude ($35)

PLAY IN THE DARK

This year, designers have fallen for tough girls who sport heavy black eye makeup and dusky lip colours. "A dramatic look like black lips is not going to look good on most people," says Toronto-based makeup artist Simone Otis, "but a smudgy, smoky eye looks great on almost anyone, and a black manicure always looks chic."

Sephora Colorful Pearl Mono Eyeshadow in Pearl No. 16 ($12)

M.A.C. Cremesheen Lipstick in Black Knight ($16.50)

Revlon Nail Enamel In Blackest Black ($5.50)

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Lip-lock can't lift ratings
Hayden Panettiere and Madeline Zima's same-sex lip-lock might have titillated fanboys, but the buzzed-about kiss did not draw in many new Heroes viewers. The NBC superhero drama pulled in 5.6 million viewers, staying flat from the previous week. **TVGUIDE.COM**

Entertainment

Fox underwear
Megan Fox will replace Victoria Beckham as the new face of Emporio Armani women's underwear line. Starting in January, she will appear in a print and billboard campaign. **PEOPLE.COM**

EDITOR: DEAN.LISK@METRONEWS.CA

Chantal no Plain Jane

Plain Jane is the new album from Chantal Kreviazuk.

Chantal Kreviazuk

Album: Plain Jane
Label: MapleMusic/Universal
Rating: ❁❁❁

MusicReviews

music@metronews.ca

Rosanne Cash

Album: The List
Label: Manhattan/EMI
Rating: ❁❁❁❁

CHANTAL KREVIAZUK IS no "plain Jane." She's the wife of Our Lady of Peace singer Raine Maida, the face of Garnier shampoo and a very clever songsmith with the ability to put on a teen-pop voice for a radio friendly single like Invincible. She can also take on a sophisticated adult contemporary pose for the next song, Half of Me, show her jazzy side on the title track, Plain Jane, and reveal a lover's vulnerability on the gushing 5000 Days. As well, the Winnipeg-born singer is still able to give us a gentle remember-those-less-fortunate-than-us nudge with the closing track Na Miso. Kreviazuk's versatility as both a singer and songwriter shines through on this album, perhaps to a fault. A listener could easily get lost with all the directional turns.

Graham Rockingham/for Metro Canada

IT'S THE GIFT that keeps on giving. Concerned that he was losing his daughter Rosanne to rock 'n' roll, Johnny Cash sat down one afternoon in 1973 and drew up a list of "100 essential country songs" to help educate her about her family's musical roots. It took 35 years, but Rosanne finally decided to share this priceless piece of Americana with the world. Some of it, anyway. With the help of husband/producer/guitarist John Leventhal, Rosanne chose a dozen songs from daddy's list and lovingly recorded them for this album. For added impact, she also called in some guest vocalists like Bruce Springsteen (Sea of Heartbreak), Elvis Costello (Heartaches by the Number), Rufus Wainwright (Silver Wings) and Jeff Tweedy (Long Black Veil). The standout here, however, is Rosanne's voice. It never stands in the shadow of these timeless songs. Unfortunately, Rosanne is playing coy with the other 88 titles on her father's list.

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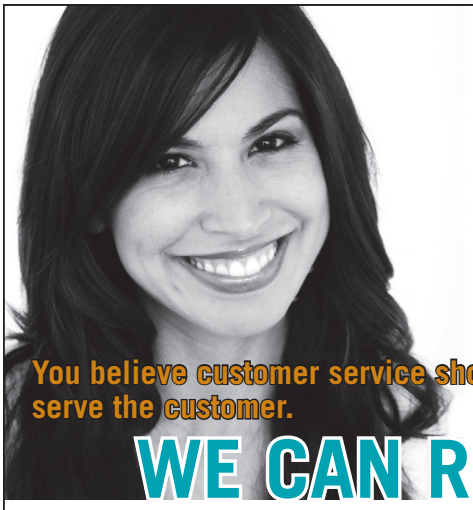

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Downchild

Album: I Need a Hat
Label: Linus
Rating: ⊕⊕⊕

DON WALSH, FOUNDER of the band we now refer to simply as Downchild, celebrates his 40th anniversary as leader of all that is blue in Canada with a studio album of eleven new songs. This is a band we've tended to take for granted over the years, partially because Walsh has stayed so loyal to the Chicago style of jump blues that gave birth to Dan Akroyd and John Belushi's Blues Brothers' parody. Walsh and the band can play this stuff in their sleep. Still, that trembling slide guitar never ceases to impress — even when backed by guests the calibre of Colin James and Colin Linden. Chris Jackson proves why he's still one of the best blues singers in the country on tracks like Time to Say Goodbye. And take notice of the brilliant keyboard playing of Michael Fontana (formerly of Electric Flag, Rhinocerous, Lou Reed and The Lincolns).

Graham Rockingham/for Metro Canada

Bob Dylan

Album: Christmas In The Heart
Label: Columbia/Sony
Rating: ⊕⊕

IT SOUNDS LIKE a big joke: Bob Dylan's raspy voice singing bouncy Christmas songs. But it's not. On Christmas In The Heart the folk legend tackles Here Comes Santa Claus, Winter Wonderland and a host of other Xmas classics. At first this is hilarious, and feels ironic, but the more you listen the less funny it becomes. This is indeed a Christmas record, and not a very good one. His scratchy pipes sound terrible and it's just weird hearing Dylan belt out Do You Hear What I Hear?

Bryan Borzykowski/for Metro Canada

The Flaming Lips

Album: Embryonic
Label: Warner
Rating: ⊕⊕⊕½

WHILE THE LAST few Flaming Lips albums have been relatively straightforward affairs, fans of the band know that these guys have a healthy experimental side to them. And they're showing it off on this 18-song juggernaut complete with buzzy sounds and spacey instrumentals. Vocals are often hidden behind sounds, but on songs like If, they're still infectious even if they're not taking centre stage. It's complex, but intriguing.

Bryan Borzykowski/for Metro Canada

Echo&The Bunnymen

Album: The Fountain
Label: MapleMusic/Universal
Rating: ⊕⊕⊕

IT'S BEEN ALMOST 30 years since Echo & The Bunnymen released the stellar debut Crocodiles and, amazingly, the band's still at it. The latest is a collection of upbeat tunes that harken back. Let's be clear: The tunes aren't nearly as strong as what's on Ocean Rain, but they're still catchy nonetheless. Opener I Think I Need It To, with its driving rhythms and soaring chorus is an especially good track.

Bryan Borzykowski/for Metro Canada

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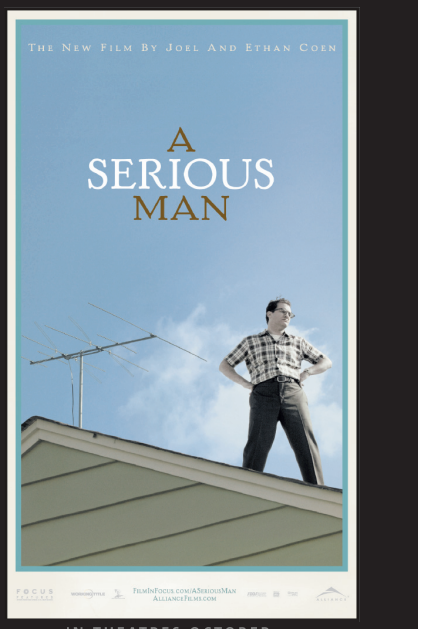

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Reaction 'appropriate': Connick Jr.

Singer says he was right to express outrage at blackface skit

Harry Connick Jr. says he did the right thing by expressing his outrage at a blackface skit poking fun at the Jackson Five in Australia last week.

"I'm pleased with the way I handled the situation," the 42-year-old American singer and actor told reporters yesterday in Hong Kong, where he was promoting his new album Your Songs.

"I handled it in exactly the manner I thought was appropriate," he said.

The skit was featured on an Australian TV variety show where Connick was a guest judge. Four men in blackface and with Afro wigs sang and danced behind a Michael Jackson impersonator wearing white makeup. Connick gave the performance a zero score. The host of Hey Hey It's Saturday, Daryl Sommers, apologized to Connick at the end of the live show.

Connick said in response, "I just want to say, on behalf of my country, I know it was done humourously, but we've spent so much time trying to not make black people look like buffoons, that when we see something like that we take it really to heart."

Public reaction in online forums was mixed. Some Australians said they were embarrassed such a racist sketch had been broadcast, while others said detractors were too politically correct and that the skit was funny.

Connick said he cancelled an autograph session and interviews in Sydney after the show to let the controversy die down.

"It was very hot. It was a subject that was very, very controversial. So we just decided to take a couple of days off. I wasn't worried about physical harm," he said.

Blackface once was a part of minstrel shows in the United States, with whites playing stock black characters — usually demeaning stereotypes — after rubbing coal, grease or shoe polish on their faces.

THE ASSOCIATED PRESS

EVAN AGOSTINI/THE ASSOCIATED PRESS

Singer Harry Connick Jr., shown in this file photo, says he thinks he did the right thing by expressing his outrage at a blackface skit poking fun of the Jackson Five in Australia last week.

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OT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 10/15/09	265	353	2	TVO	Super Structures (N)		The Agenda With Steve Paikin		The Jury (Part 3 of 6) (N)		Masterworks (N)		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	Survivor: Samoa (N)		The Office (N)	The Office	90210 (HDTV) (N)		News Final
	-	-	5	SRC	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)		3600 secondes d'extase (SC)		Le Téléjournal Nouvelles. (SC)		La Zone (SC)
	209	342	6	CHRO	TMZ (N)	Hollywood	FlashForward (HDTV) (N)		Fringe "Dream Logic"		(10:01) Private Practice (N)		Comedy Now
	196	311	7	CTV	The Vampire Diaries (N)		CSI: Crime Scene Invstgtn.		Grey's Anatomy (N)		(10:01) The Mentalist		CTV News
	208	303	8	CBC	Wheel-Fortune	Jeopardy! (N)	Doc Zone (N)		The Border "Broken" (N)		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	Community (N)	Parks-Recreat	The Office (N)	30 Rock	The Jay Leno Show (N)		News
	117	713	10	TVA	La Fièvre de la danse (SC)		Dieu Merci (HDTV) (SC)		Le Gentleman (N) (SC)		TVA nouvelles	(10:45) Denis Lévesque	
	-	-	11	QS	Taxi payant (N)	Rire et délire	Fringe Un parasite. (N) (SC)		Bob Gratton	South Park (N)	Le Mur (SC)	L'Attaque à 5 (SC)	
	137	763	12	TFO	Panorama		Météo	Volt "Bouffe"	*Le Gorille vous salue bien* (1958, Aventures) Lino Ventura.				Expédition
	-	362	13	CBS	The Insider (N)	Judge-Brown	Survivor: Samoa (N)		CSI: Crime Scene Invstgtn.		The Mentalist (HDTV) (N)		Two/Half Men
	216	395	14	OMN2	Family Guy	The Office	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Talk About It
	214	344	15	CITY	Law & Order: SVU		Community (N)	Parks-Recreat	30 Rock	30 Rock	The Jay Leno Show (N)		News
	115	343	16	CFMT	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)		Vivere V	Omni News:	The Simpsons	King of the Hill	Metropia
	218	345	18	CHCH	*Ms. Bear* ★★ (1997, Adventure) Ed Begley Jr., Kaitlyn Burke.				*The Parole Officer* ★★ (2001, Comedy) Steve Coogan.				News at 11 (N)
	-	361	20	ABC	Action News	Entertainment	FlashForward (HDTV) (N)		Grey's Anatomy (N)		(10:01) Private Practice (N)		News
	512	396	24	CPAC	(4) Dossier public		Heure polit.	L'Heure politique				Tête-à-tête	Dossier public
	651	355	25	CTS	Little House on the Prairie		Dr. Quinn, Medicine Woman		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	Bones (HDTV) (N)		Fringe "Dream Logic"		FOX 2 News (N)		News
	-	-	64	PBS	Business Rpt.	Folklore	Manor Born	Time Goes By	Murdoch Mysteries		Bonekickers		Charlie Rose
	205	312	104	CTV	The Vampire Diaries (N)		CSI: Crime Scene Invstgtn.		Grey's Anatomy (N)		(10:01) The Mentalist		CTV News
news	502	390	26	NW	CBC News	Marketplace	CBC News: Tonight (N)		CBC News: The National		The Nature of Things		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	MLB Preview	MLB Baseball National League Championship Series Game 1 -- Teams TBA. (HDTV) (Live)							Sportsnet Con.
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	400	280	30	TSN	That's Hockey!	NHL Hockey Tampa Bay Lightning at Ottawa Senators. (HDTV) (Live)					SportsCentre (HDTV) (Live)		
	410	403	52	SCR	Score on NFL	College Football Cincinnati at South Florida. (Live)							Score Now
	411	457	56	OLN	Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters		Bounty Hunter
	417	406	59	SC	Pass Time	Pass Time	Pinks -- All Out (HDTV)		Jacked!	Jacked!	Wrecked	Wrecked	Pimp My Ride
family	554	544	48	TEL	Stoked	Total Drama	Majority Rules	6TEEN	Futurama	King of the Hill	*Blade: Trinity* ★★ (2004, Horror)		
	557	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Drake & Josh	Family Biz	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	Prank Patrol	Adrenaline
cable variety	570	580	29	MM	The Daily Fix		Ranked!		Wild 'n Out	Wild 'n Out	Storytellers Snoop Dogg.		The Daily Fix
	615	520	31	A&E	Criminal Minds (HDTV)		The First 48 "Torched"		The First 48 (HDTV)		The First 48 "Blackout"		Crime 360
	628	584	32	SPKE	UFC Unleashed		The Ultimate Fighter (HDTV)		TNA Wrestling (HDTV) (N)				
	521	560	34	TLC	Police Women of Broward		Police Women of Broward		Police Women of Broward		Mall Cops (N)		Police Women
	145	761	35	TV5	Les Peuples du soleil		Club social		Envoyé spécial			Cité guide	TV5 Le Journal
	616	521	39	SHO	The Outer Limits		Da Vinci's City Hall		The Best Years (DVS)		Saving Grace (HDTV) (N)		NCIS
	620	523	40	BVO	Storytellers	Camera	Bathroom Divas-Opera Star		*Metal: A Headbanger's Journey* (2005)			Bravo!Videos	Law & Order
	520	505	42	DIS	Daily Planet (N)		MythBusters		MythBusters		MythBusters		Daily Planet
	575	583	43	CMT	Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Karaoke Star
	601	562	45	SLC	Rich Bride, Poor Bride		X-Weighted		X-Weighted "Sharla"		X-Weighted "Jeremy"		ET Canada
	625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Hot Box	Jon Dore Show	Daily Show
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		*Payback* ★★ (1999, Action) Mel Gibson.		
	600	564	49	H&G	House Hunters	Property Virgin	Holmes Inspection		Family Reno	Disaster DIY	House Hunters	House Hunters	Holmes Ins.
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Primeval		Eureka (N)		InnerSpace (N)
	581	566	53	MTV	The City	After	Gone Too Far		Fantasy Fact.	Beatdown	Nitro Circus (N)	Pranked	MTV Live
	618	524	54	TROP	Seinfeld	Seinfeld	The Outer Limits		ET Canada	TV Made, Do It	Family Guy	Seinfeld	Seinfeld
	522	506	55	HIS	Ice Road Truckers		Ancient Discoveries		Underworld Histories		Life After People (N)		Air-Crane! (N)
	129	773	60	CD	Biographies		Dossiers justice (HDTV)		Réscapes de la justice		Un tueur si proche (HDTV)		Vidéo
	261	394	61	V	Murder, She Wrote		On the Buses	'Allo, 'Allo!	*Cocoon* ★★★ (1985, Fantasy) Don Ameche, Wilford Brimley.				
	602	567	62	W	Old Christine	Friends	Friends	Grocery Bag	Confidential	Confidential	Divine Design	Divine Design	Don't Move
	269	350	70	APTN	Wapos Bay	By the Rapids	Rez Rides	Moose TV	*Bill & Ted's Bogus Journey* ★★ (1991, Comedy), Alex Winter				Fish Out of
	621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	603	561	95	FN	Ricardo	Road Grill	Restaurant Makeover		Perfection	Perfection	Ace of Cakes	Ace of Cakes	Family

critics'corner

The Border
As Gray (Graham Abbey) and the rest of the ICS team continue their investigation into the explosion that left one of their number dead and two others seriously injured, U.S. Homeland Security agent Bianca LaGarda (Sofia Milos) returns — and she's not alone. She's escorting a Guantanamo Bay prisoner with terrorist connections. James McGowan also stars in the new episode "Broken." 9 PM on 8 CBC

Doc Zone
"Canada: Above and Beyond," CBC's four-part review of the first 100 years of Canadian aviation, continues with "Conquering Geography," which focuses on the pilots who fly in the most challenging conditions. Whether they're putting out forest fires, mapping the backcountry from the air or servicing our northernmost airports, these folks need nerves of steel. 8 PM on 8 CBC

Perez assault case put over to Nov. 4

CELEB JUSTICE The assault case involving the manager of the Black Eyed Peas and celebrity blogger Perez Hilton has been put over until next month.

Liborio (Polo) Molina faces an assault charge for allegedly striking Hilton outside a Toronto club on June 22. Molina didn't appear in court yesterday as the case was adjourned until Nov. 4. Molina allegedly punched Hilton — whose real name is Mario Lavandeira — following a heated argument between the blogger and Black Eyed Peas leader will.i.am at a party after the MuchMusic Video Awards. The allegations have not been proven in court. Hilton has also filed a civil lawsuit against Molina seeking more than $25,000 US.

THE ASSOCIATED PRESS

Kenya's Style
Kenya Hunt
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Supper club at ZenKitchen
Supper club time with food blogger Ron Eade and his co-host Mike McCraken at ZenKitchen on Oct. 20 at 6:30 p.m. zenkitchen.ca METRO NEWS SERVICES

Urban Foodie

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A spicy mix of flavours at Bombay Masala

SHARI GOODMAN
OttawaUrbanFoodie@gmail.com

Bombay Masala
4-591 March Rd., Kanata
bombay-masala.com
613-599-0090
Signature Drink:
Chai tea
Signature Dish:
Butter Chicken
Rating: ●●●½
Dinner & drinks for 2: $50

Bombay Masala is a pleasant and unassuming strip mall restaurant that serves fresh, fragrant and subtly spiced Indian cuisine. From curries to vindaloos, the menu is peppered with authentic Indian favourites perfect for celebrating Diwali this Saturday.

To start, we ordered the sampler plate, the Bombay Club ($11), with a small bite of crunchy Onion bhaji, Samosa, tandoori Chicken Tikka and Beef Seekh Kebab. The blend of tastes only teased our taste buds.

Several popular house specialties tempted us, including Butter Chicken ($17) and Chicken Tikka Masala ($14). The Beef Curry ($14) with onions, tomatoes, ginger, garlic and coriander and Chicken Shahi Korma ($14) with a cream sauce, cashews and raisins were also recommended. Along with flaky rice and garlic-perfumed naan ($3.50) that could have used more garlic flavour, we had a feast before us. A table favourite was the Chicken Shahi Korma with its hint of sweetness and crunch from the cashews.

We couldn't resist a sweet ending to our meal. Gulab Jamun ($4.25), a round milk-like doughnut, soaked in honey syrup and sprinkled with pistachios, almonds and rose water, was the perfect ending to a spicy, flavourful meal.

Although first impressions were humble, the food at Bombay Masala was inspiring.

On the web

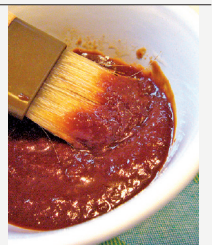
- Get recipes and more great food content at metronews.ca/recipes

SHARI GOODMAN/FOR METRO OTTAWA

Chicken Shahi Korma ($14), left, and the Gulab Jamun ($4.25) at Bombay Masala.

Global Peasant blog online

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out metronews.ca/globalpeasant to watch turkey leftovers get a Tex-Mex spin. Diane cooks up BBQ sauce and a great sandwich.



Dining out

TOTOYA
All-You-Can-Eat Roll Sushi: $20.95 (tax not included but a bowl of miso soup is). Available Friday and Saturday evenings. More than fifteen kinds including California, spicy salmon, spicy crab, kamikaze, ebiten (shrimp tempura) and salmon. It's located at 297 Dalhousie St. 613-241-2224.

MEKONG
Specializes in Asian, Vietnamese, Chinese and Thai food. Famous for their lemon chicken, pot stickers, shrimp dumplings, crispy beef and braised duck. Get 10-per-cent discount with takeout. Check them out at 637 Somerset St. W. Or call 613-237-7717.

–SHARI GOODMAN

In brief

PICK Pumpkins at Saunder's Farm (7893 Bleeks Rd., Munster, saundersfarm.com) where haunting season has begun. Hayrides and pumpkin picking await you at Miller's Farm & Market (6158 Rideau Valley Dr., Manotick, millersfarmandmarket.ca). Cannamore Orchards also has pick-your-own pumpkins (1480 County Road 32, Crysler, spookywagonride.com).

BIG REDS wine tasting tonight at Biagio's Italian Kitchen at 6:30 p.m. Explore the wines with a sommelier accompanied by a four-course Italian cuisine. Admission is $75. Contact Emily Tait at 613-828-0770 or emily@biagios.ca.

OKTOBERFEST comes to the Centurion Conference and Event Centre (170 Colonnade Rd. S.) tomorrow at 6:30 p.m. Enjoy authentic Bavarian food including sausages, sauerkraut, wiener schnitzel, apple strudel and more! Imbibe Erdinger, the official Oktoberfest Ottawa Bavarian beer or schnapps! oktoberfestottawa.com

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(1) Subject to long distance charges when outside your local calling area. (2) Includes international text messages. Excludes premium messages. (3) Unlimited local calling from 7pm to 8am, Monday through Thursday and from 7pm Friday to 8am Monday. (4) Taxes are extra. Mobile phone not included in plan.

What is Courtney 'revving up,' exactly?

Courteney Cox says she and husband David Arquette are looking forward to having a second child — eventually. "We're not trying yet. We're revving up the engines. I'm only ready because time's a-ticking," she tells OK! Magazine. METRO WORLD NEWS

Celebrity Buzz

Celebrity tweets

Stephen Fry gets frustrated hanging his clothes, Jessica Simpson doesn't appreciate pranks about her lost dog, Moby has an interesting plane ride, and Tila Tequila knows what to do to get her pictures in the tabloids.

• @stephenfry
Of all human inventions coat hangers behave the least well. Entirely slappable entities at the best of times.

• @JessicaSimpson
People have been contacting my family and friends saying that Daisy has been found. Untrue. People are so cruel..please respect her memory.

• @thelittleidiot
2 drunk pornstars sitting behind me on the flight to san diego. They brought their yorkies with them. Its like a cancelled sitcom from 1986.

• @officialTila
Oh god! I hope they dont print those naughty pics the paps took of me in the gossip mags! Lmao! Uhhh oh! Here we go! Lol

METRO NEWS SERVICES

Russell's ex has a warning for Katy

SHE'S NOT BITTER AT ALL Katy Perry may be enjoying what looks like a blossoming relationship with Russell Brand, but an ex-girlfriend of the British comedian says Perry should not get too comfortable. "Everyone knows you don't date Russell Brand seriously," Georgina Baillie tells Life & Style magazine. "Russell likes the idea of having a serious relationship, but when you've got all these different flavours of ice cream offered to you on a plate, you're not going to stick with vanilla, are you? I don't think he's capable of monogamy." METRO WORLD NEWS

Jacksons squabble over kids appearing on family's show

ISN'T A JACKSONS REALITY SHOW SUPERFLUOUS? The Jacksons are at odds over the inclusion of Michael Jackson's three children in an upcoming A&E reality show about the famous family, Us Weekly reports in its latest issue.

A source tells Us Weekly the buzzed-about program will include Michael's kids — Prince, 12, Paris, 11, and Blanket, seven — though not everyone's happy about it.

Eldest sister Rebbie, 59, who has refused to be in the series (called The Jacksons: A Family Dynasty, tentatively set to air in December), "feels Michael would spin in his grave if he knew his kids would be on this show."

While Janet, 43, is on board, mom Katherine "is just going along with things," the source continues. Still, one of the creators of the program — which will be either five one-hour episodes or 10 half-hour episodes — says the family shines on the series.

"We have 23 cast members with the last name Jackson," executive producer Jodi Gomes tells Us Weekly. "They've done a great job opening up about losing a brother."

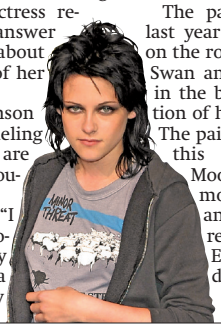
METRO NEWS SERVICES

Kristen's sick of Rob romance rumour

BUT IT'S A GENUINE RUMOUR! Kristen Stewart is tiring of reports she's dating her movie co-star Robert Pattinson, insisting she's sick of reading the same story every day, femalefirst.co.uk reports.

The young actors have been forced to deny persistent reports they have taken their on-screen romance off-screen and Stewart admits the constant speculation over her private life is beginning to irk her.

In an interview with America's Allure magazine, the actress refuses to answer questions about the extent of her relationship with Pattinson for fear of fueling reports they are a real-life couple.



She says, "I read that story every day... It's in a story every day, so let's not put it in another one."

The pair shot to fame last year when they took on the roles of lovers Bella Swan and Edward Cullen in the big screen adaptation of hit novel Twilight. The pair will return later this year with New Moon, the second movie in the saga, and they are currently working on Eclipse, which is due out next year.

METRO NEWS SERVICES

Tracy takes aim at former SNL co-stars for being mean

YOUR CAREER SUCKS, AND MINE DOESN'T Tracy Morgan has some choice words for his former Saturday Night Live co-stars, Cheri Oteri and Chris Kattan.

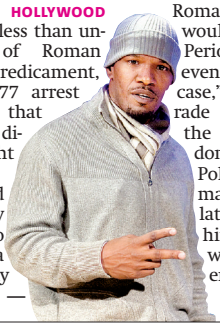
According to Defamer, the 30 Rock star says his ex-colleagues mistreated him during their SNL years together in his upcoming autobiography, I Am the New Black — and judging by his ad-libs during his audiobook recording, Morgan's not over it.

"I could remember those two, especially those two people, treating me like the invisible guy. Now look where they at. Cheri Oteri, she can't even get arrested," he says in the clip. "Where's Chris Kattan now? They never going to host Saturday Night Live."

The Emmy-nominated Morgan, who has hosted SNL, adds that Will Ferrell, Colin Quinn and Molly Shannon treated him "beautifully," unlike Kattan and Oteri, whom he says looked down upon him. I Am the New Black hits shelves on Tuesday. METRO NEWS SERVICES

'Roman Polanski would be missing' if it had been my daughter: Foxx

HOMICIDAL IN HOLLYWOOD Jamie Foxx is less than understanding of Roman Polanski's predicament, given the 1977 arrest and trial that prompted the director's flight from the U.S.



"If it had been my daughter who was barely a teenager — my daughter is 15 — Roman Polanski would be missing. Period. It wouldn't even get to the court case," Foxx tells Parade magazine. "On the other hand, I don't know Roman Polanski, but maybe if I had a relationship with him my answer would be different." METRO WORLD NEWS

Johnny hopes kids don't want to act

IT'S NOT LIKE THEY NEED A JOB Johnny Depp has had an incredibly successful acting career, but he hopes his kids don't follow in his footsteps. "I honestly hope that Lily-Rose and Jack don't want to become actors — that's my greatest fear," Depp says, according to Hollyscoop. "I always show them my various costumes and they love it. My children seem to take my job for granted."

METRO WORLD NEWS

Paris acquires a pot-bellied pig

DOES LOUIS VUITTON MAKE PIG OUTFITS? Paris Hilton is adding a new animal to her menagerie: A pot-bellied pig she's naming Princess Piglet. "Paris is thrilled. She is a major animal lover and is excited for the arrival of her new piglet," her rep tells TMZ. Not thrilled, however, are animal rights activists PETA, who say she treats her pets as disposable.

METRO WORLD NEWS

Ex-senator declares her innocence

THE WHEEL OF CELEB JUSTICE A former Bahamas senator denied trying to blackmail actor John Travolta after the death of his 16-year-old son as she testified in her extortion trial yesterday.

In an unsworn statement, Pleasant Bridgewater told jurors she was set up by the movie star's lawyers and complained she has been ridiculed and ostracized since being charged in January. "I maintain my innocence," said Bridgewater, who was not subject to cross-examination because she did not swear an oath. "I will be the first to say I am no saint. But I am no devil."

Defence lawyers began presenting their side after three weeks of testimony by prosecution witnesses including Travolta, who said ambulance driver Tarino Lightbourne threatened to sell stories to the news media suggesting the movie star was at fault in the death of his son, Jett, unless he paid $25 million US. Bridgewater is accused of negotiating with Travolta's attorneys for Lightbourne. Both defendants have pleaded not guilty to extortion.

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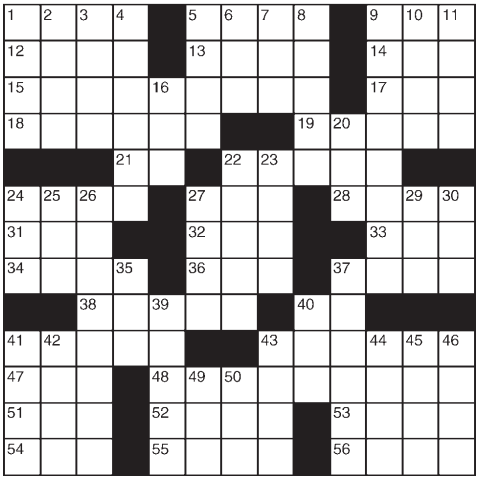
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

5		1		8				
			9				2	
	8			6		7		
4		3	1		6	5		
	1						4	
		6	5		8	3		2
		8		3			7	
	7				1			
				2		8		9

ACROSS

1 Tackled weeds
5 Miss Scarlet's game
9 Occupation
12 Incite
13 Padlock fastener
14 Kyoto cummerbund
15 Recurring marine events
17 Thither
18 Fall
19 Propelled a scull
21 "— what?"
22 Felix Salten story
24 Bad habit
27 "El —"
28 Old Testament kingdom
31 Commotion
32 Peculiar
33 Actress — Longoria Parker
34 — hall meeting
36 Month (Sp.)
37 Now, on a memo
38 Refuge
40 @
41 Nonsense
43 Will subject
47 Disencumber
48 Wasn't neutral
51 Lemieux milieu
52 Saskatchewan tribe
53 Complain
54 Surprise cries
55 Flock
56 Host

DOWN

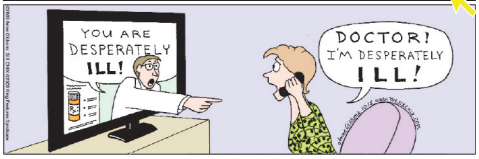
1 Suspended
2 Sandwich treat
3 "Zounds!"
4 Oust from a throne
5 Goatee site
6 Young bloke
7 Work with
8 English racetrack site
9 Trips taken in "borrowed" cars
10 Reed instrument
11 Tie
16 Pair
20 Homer's dad
22 Obama's veep
23 Puts in
24 Cistern
25 Altar affirmative
26 Leather materials
27 Arrive
29 Eggs
30 Chart
35 Carpet feature
37 Theseus' land
39 Fodder plant
40 Pompous sort
41 Small combo
42 Opulent
43 Scratched (out)
44 Hebrew month
45 Clause in a contract
46 Get a glimpse of
49 Raw rock
50 "— the ramparts ..."

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

9	4	6	2	3	7	1	5	8
2	1	7	6	8	5	9	4	3
3	8	5	1	4	9	6	2	7
6	5	1	7	2	3	8	9	4
4	2	9	8	1	6	3	7	5
8	7	3	9	5	4	2	6	1
1	6	4	5	9	8	7	3	2
7	3	2	4	6	1	5	8	9
5	9	8	3	7	2	4	1	6

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Homemade Whole Wheat and Beer Pizza

Submitted by Eilean McKenzie, Winnipeg

INGREDIENTS:

Crust:
2 cups white all-purpose flour
1/2 cup whole wheat flour
1 tbsp dried rosemary
2 tsp garlic salt
1/2 tbsp chili flakes
1 tbsp yest
1 tsp sugar
1 cup of beer at room temperature
1/2 cup of olive oil
1/4 cup water (if necessary)

Topping:
1 cup barbecue sauce
1 cup cubed cooked chicken breast
1 cup low fat shredded cheese (marble or mozzarella)
Fresh vegetables

METHOD:
1.Put all dry ingredients in a large mixing bowl. Evenly mix them.
2. Add olive oil and beer. Keep mixing till you form a ball of dough. If it's a little dry, add more beer or warm water. If it's a little sticky, sprinkle on flour. When you remove the dough from the bowl, it should be sticky but not leave anything on your fingers or in the bowl.
3. Stretch dough onto greased cookie sheet or pizza stone.
4. Top with barbecue sauce and other ingredients.
5. Cook for 30-45 minutes at 400°F until crust is golden brown and cheese is bubbling.

SERVES 4
PREP TIME: 10 MINUTES
COOK TIME: 35 MINUTES

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Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You will go out of your way to make life easy for loved ones and colleagues. What you do for them now they will do for you later

TAURUS ♉
APRIL 21-MAY 21
Try not to get too close to something you are working on, because if you do you may lose your sense of perspective.

GEMINI ♊
MAY 22-JUNE 21
It is time to put your own interests first and start work on something you have been planning for quite some time.

CANCER ♋
JUNE 22-JULY 22
With love planet Venus at odds with Pluto today you must expect others to demand their independence, and if you're wise you will give it to them.

LEO ♌
JULY 23-AUG 23
You will get a lot more out of social activities than just sitting at home watching TV, so get your act together and get out into the world.

VIRGO ♍
AUG 24-SEPT 22
Any barriers you encounter today are most likely to come from your work rivals. But that's OK because you like a challenge.

LIBRA ♎
SEPT 23-OCT 23
Success is yours if you want it but with your ruler Venus at odds with Pluto today you could be a bit too reckless for your own good.

SCORPIO ♏
OCT 24-NOV 22
If you want to begin it on the right note there are things you need to get sorted, especially your tendency to dwell in the past. Move on.

SAGITTARIUS ♐
NOV 23-DEC 21
You must get the balance right when it comes to furthering your ambitions. By all means aim to get ahead but try not to appear too pushy or selfish.

CAPRICORN ♑
DEC 22-JAN 20
Do you guard your independence and put your own interests first? Or do you trade freedom for security? Only you can decide, but decide you must.

AQUARIUS ♒
JAN 21-FEB 18
The Sun and Venus in Libra boost your confidence and make it easier to be adventurous. If you get the chance to travel today take it.

PISCES ♓
FEB 19-MARCH 20
You're in one of your impulsive moods at the moment and inevitably you will get yourself into some risky situations.

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